



# How Much Do Know About **Yoga**?

# Game Mechanics



1. This game has three rounds - easy, average and difficult.



2. No one is allowed to ask for help from non-participants. No researching allowed.



3. Each correct answer is equivalent to one point.



4. No points will be deducted for wrong answers.



5. The Quiz Master's decisions are final.



# Categories Section

YES / NO

FILL IN THE BLANKS

TRUE / FALSE

ENUMERATION

MULTIPLE CHOICE

VIDEO QUESTION



Round 1

# Easy Round



The word "yoga" means "union."

**Yes**

**No**





"Yoga" comes from the Sanskrit word "yuj" which means to yoke and is interpreted as "union."





The human body has eight chakras or energy centers.

**True**

**False**





# False

There are seven chakras in the human body: crown, brow, throat, heart, navel, sacral, and root chakra.



Round 2

# Average Round







# Multiple Choice

What yoga pose is demonstrated in the photo?

**TADASANA**

**GARUDASANA**

**CHATURANGA DANDASANA**

**NATARAJASANA**





# Multiple Choice

What yoga pose is demonstrated in the photo?

**TADASANA**

**GARUDASANA**



**CHATURANGA DANDASANA**

**NATARAJASANA**






# Fill in the Blanks

\_\_\_\_\_ is the practice of breath control. Nadi Shodhana or alternate nostril breathing is an example of this practice.



# Fill in the Blanks



**PRANAYAMA**  
\_\_\_\_\_ is the practice of breath control. Nadi Shodhana or alternate nostril breathing is an example of this practice.

Round 3

# Difficult Round




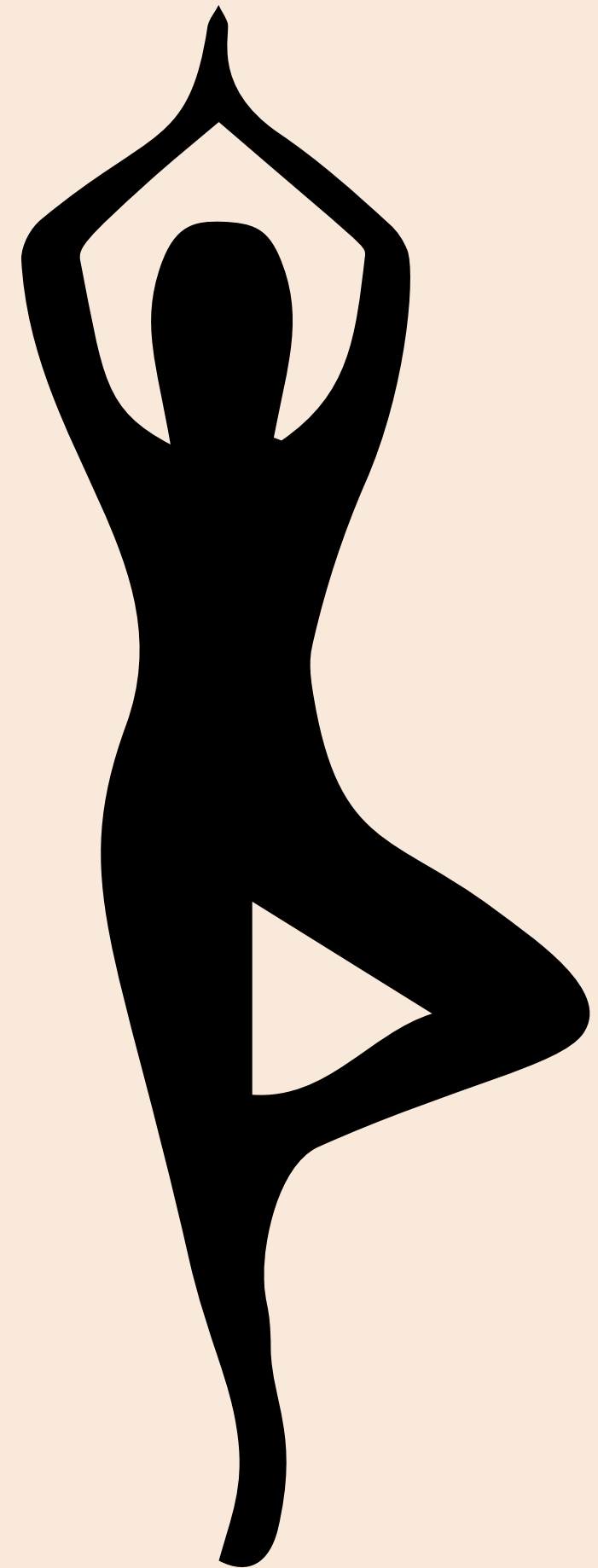


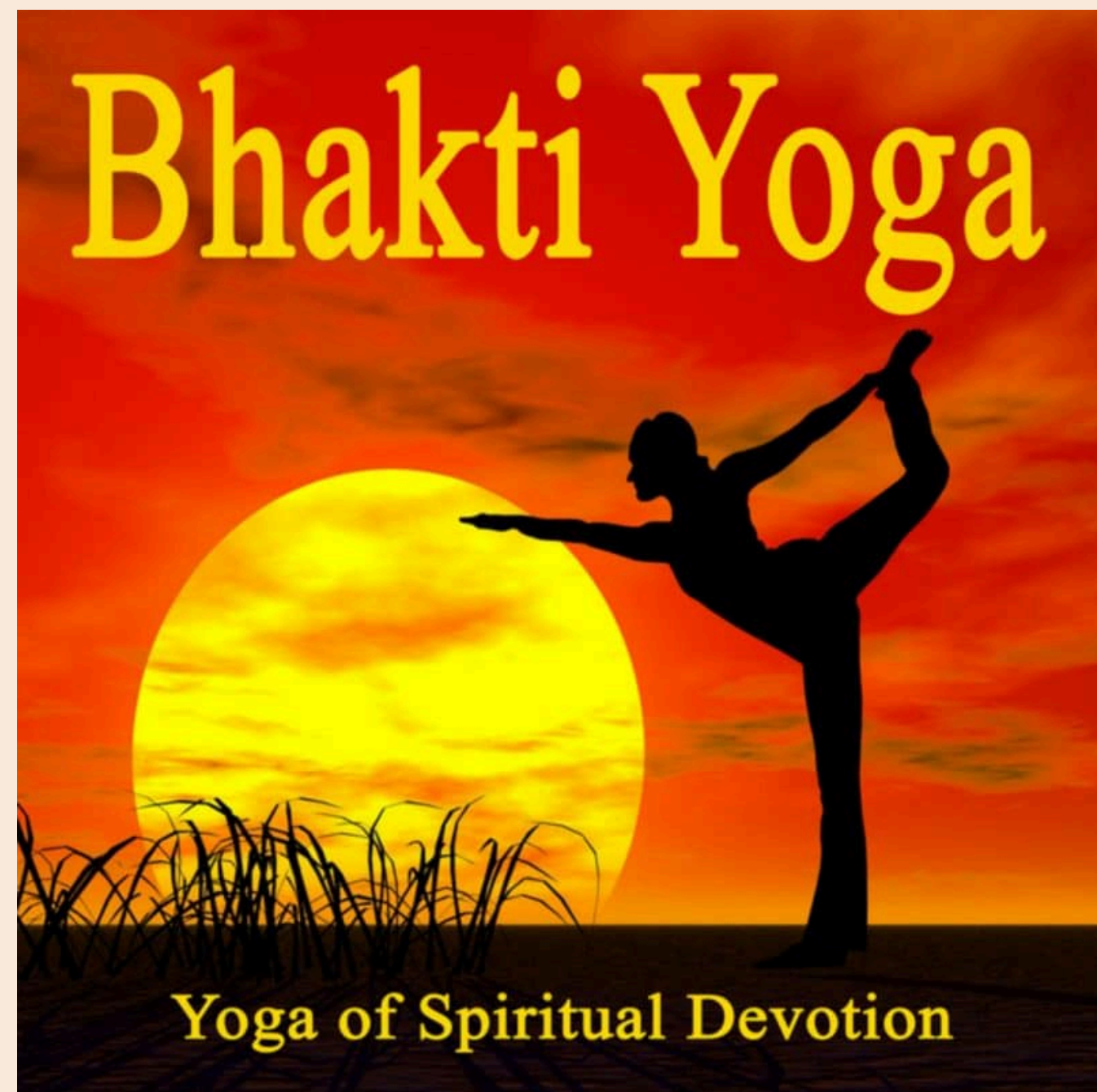


# Enumeration

Name 4 types of yoga.

- **KARMA YOGA: THE PATH OF SERVICE, OR SELFLESS ACTION FOR THE GOOD OF OTHERS.**
  - **BHAKTI YOGA: THE PATH OF LOVE.**
  - **JNANA YOGA: THE PATH OF KNOWLEDGE.**
  - **RAJA YOGA: THE PATH OF MEDITATION**
- 













# Enumeration

Kundalini Yoga, Ashtanga Yoga, Jivamukti Yoga,  
and Yin Yoga are also accepted answers.

**HATHA YOGA**


**HOT YOGA**

**IYENGAR YOGA**

**VINYASA YOGA**








# Video Question

This sequence of doing downward facing dog and cobra pose is known to actively warm up the body for a workout.

Downward facing dog  
and cobra pose



# Namaste and congrats!

Thank you for joining. Hope to see you  
again in our next celebration.

